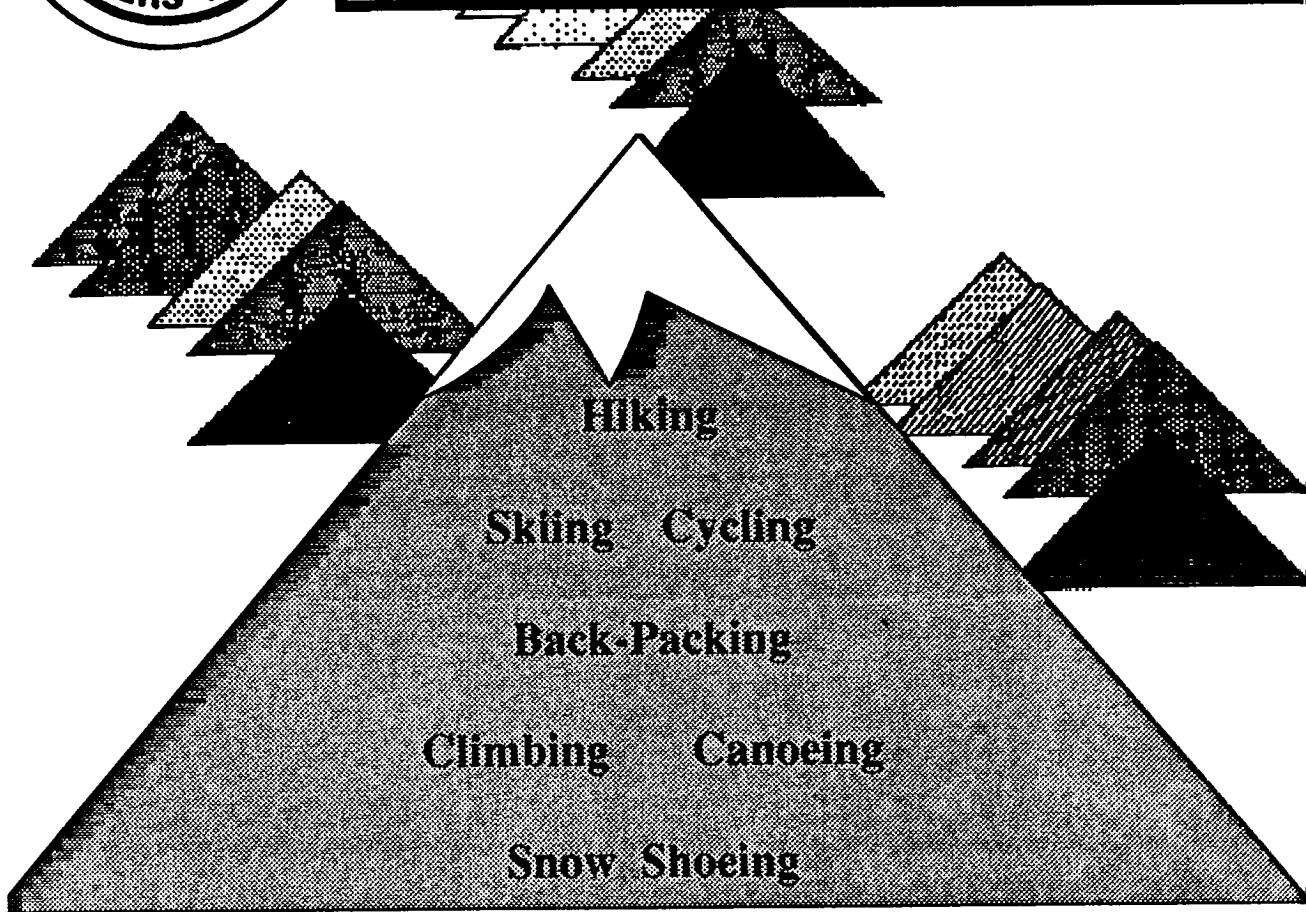


The

September 1990

Packrat



Hiking

Skiing Cycling

Back-Packing

Climbing Canoeing

Snow Shoeing

In this issue

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THE ROCKY MOUNTAIN RAMBLERS ASSOCIATION

ACTIVITIES: Hiking, Backpacking, Climbing, Canoeing, Cycling,
Mountain-Biking, Snowshoeing, Educational and
Awareness Programs and Social functions

MEETINGS: WEEKLY- Wednesday evening at 7:45 PM
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Calgary, Alta., T2M 4L6

FEES: Annual Membership: Single \$25:00 / Family \$35:00

TRIP INFO: 282-6308 RMRA Hotline

RMRA EXECUTIVE 1990

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TRIP COORDINATOR	Dave Reid
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SOCIAL DIRECTOR	Frank Stanley Jr.
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**Please note: Opinions expressed in the "Packrat" do not necessarily
reflect the opinions of the "RMRA" as a whole**

R M R A PRESIDENTIAL RAMBLINGS

It is 6:30 pm, Sunday, Aug., 19. We have just had supper of chicken noodle soup, salmon and macaroni & cheese. The sun shining and it is now the warmest part of the day. I have previously written "Presidential ramblings", having a computer terminal in a downtown Calgary office, after eating my lunchtime sandwiches, but now I am facing Battlement Mountain and the Carbonate Range on the other side of Bobbie Burns Creek in the Purcells. Today we dayhiked from camp through the flowered covered meadows on the north side of Bobbie Burns Creek. I was using the green pack I bought for \$3.00 at the rambler auction on July 25th. The pack also doubles as a good container for hanging food up trees. "Thank you Art Davis", I also thank Walley Drew for doing a good job as auctioneer that evening.

Walley Drew has volunteered to be on the nominating committee, to gather names of people to run for positions on the club executive for 1990/91. Please donot hesitate to ask any of this year's executive what is expected of any of the executive positions, then speak to the nominating committee. The Annual General Meeting will be held on wednesday, October, 10, 1990, and the annual dinner & dance will be at the Southern Alberta Pioneers Memorial Hall on Friday, October, 19, 1990. Single dinner&dance tickets will be on sale soon - this is one dinner&dance you do not need to have a partner to attend!

October seems to be a long way off but as I write this, the "AGM" is just seven weeks away. The "AGM" (and the coordinators council meeting for coordinators) are the main occasions for you to voice your views on club activities, by not turning up, you vote with the majority on any vote taken and you know what that meant at last year's "AGM"!

Let's hope that this year we get some excellent fall hiking to make up for the wet May and June

Alistair Des Moulin
Aug, 1990

Trip Coordinator's Chairman Report

Here is the third quarterly report on coordinator trip activity. A summary for the last quarter (April 1 to July 2, 1990) is shown on Table 1. Comparison to the last quarter shows a higher level of activity now that the summer hiking season is in full swing. We have now completed three quarters of the Rambler year but have only had 56% of the activity in terms of person days, but 61% in terms of number of trips as compared to 1988/89. The number of active coordinators who have taken 5 or more trips is 4 (15% of the active coordinators in the period), and they have been responsible for 40% of the trip activity. The most active trip coordinators are Alistar Sinclair, Diane Ladouceur, Steve Logos and Angus Henley. On behalf of the club, I would like to extend a special thanks to Alistar Sinclair who conducted 8 trips with 155 person days of activity.

Dave Reid

TABLE 2				
COMPARISON OF RMRA COORDINATOR ACTIVITY 1988/89 TO 1989/90				
	April 1 to July 2/90	Jan. 1 to Mar. 31/90	Oct. 1 to Dec. 31/90	1988/1989
1) Total Trips	68	68	63	327
2) Total Person Days	671	423	395	2661
3) Average Persons/Trip	9.9	6.2	6.3	8.1
4) Dominant Type of Trip (persons)				
- total day hike	47(414)	5(58)	26(207)	171(1721)
- total x-country ski	2(3)	47(274)	24(115)	77(534)
- total down hill ski	3(17)	12(52)	3(9)	14(60)
- total cycle	10(46)	-	-	15(19)
5) Average Trips/Coordinator	2.6	3.2	3.0	6.5
6) Average # of Person Days/Coordinator	25.8	20.1	32.5	63.6
7) Number of coordinators with 5 or more trips	4	4	5	22

TABLE 1

SUMMARY OF RMRA COORDINATOR TRIP ACTIVITY
April 1 to July 2, 1990

Coordinator	Status	Total Trips (Day)	Person Days	x-c Ski	D-Hill Ski	Cycle	Day Hike	Back Pack	Car Camp
Davis, A.	F	2(3)	68				1	1	
Dempsey, J.	F	3	4			3			
Des Moulins, A.	F	2(4)	22					2	
DeWit, R. & D.	F	1	18				1		
Drew, W.	F	3	36				3		
Folkins, R.	F	1	7				1		
Forester, T.	F	1	4				1		
Frank, K.	F	2	5				2		
Frying, R.	F	2	18				2		
Henley, A.	F	5	27		1		4		
Ladoucer, D.	F	7	20			1	6		
Logos, S.	F	7	67			3	4		
Lowndes, D.	F	2	14			2			
Moran, T.	F	1	8				1		
Noer, G.	F	2	9				2		
Pattison, H.	F	2	9		1		1		
Reid, D.	F	2	17	1			1		
Schleinich, J.	F	4	37				4		
Scott, B.	F	1	1	1					
Scott, K.	F	3	40				3		
Sinclair, A.	F	8(12)	155				6		2
Taylor, M.	F	1	6				1		
Thurson, T.	F	1	2				1		
Van der Voet, F.	F	1	8			1			
Watson, K.	F	2	26		1		1		
Westcott, B.	F	3(4)	43				2	1	
TOTAL		26	68(76)	2	3	10	47	4	2

FIVE FOR THE ROAD

Pad your packets and treat you tastebuds with homemade snack bars

Trail snacks have been part of Canadian outdoors for a long time. Years before the coming of the granola bar, the indians made "pemmican"- from crushed berries, nuts and shredded meat jerky- to give them that little extra boost. In 1779, fur trader Peter Pond learned about pemmican, and it wasn't long before most traders wouldn't leave home without it.

These days hikers, canoeists and fisherman pack along all sorts of energy boosting, carbohydrate-filled trail snacks - fruit-filled bars, halvah, fruit-leather sesame seed snacks, chocolate bars trail mixes and more. Most people buy their snacks from stores, and that's a pity, because trail snacks are easy, fun and cheap to make.

Most store bought snacks sell for 75 cents to \$1.50, but the snack bars my wife and I make only costs between 10 and 25 cents. What's more, our portable treats taste richer and fresher than the store bought variety, and they don't have the sugar and preservatives found in most prepackaged snacks. Here's how we make some of them.

PECAN TWIST TREAT

3 cp Shelled Pecans

1/2 cp Pitted Dates

1 cp Raisins

Combine all ingredients and put them through the meat grinder or food processor. With a food processor, use the fine grating blade and put the mixture through several times until the ingredients are finely ground and stick together. Knead and press on waxed paper. Refrigerate to harden and cut into bars.

FAIR WINDS APRICOT BARS

1/4 cps Sesame seeds

1 cp Dried Apricots

1/2 cp Dates

1/2 cp Shredded Coconut

1/2 cp Orange Juice

1/2 cp Powdered Milk

2 tbsp Honey

Put sesame seed in heavy skillet and toast over low heat until light brown. Combine apricots, dates, coconut and orange juice. Put through meat grinder or food process. With food processor, use fine grating blades and put through several times until ingredients are finely ground and stick together. Stir in toasted sesame seed, powdered milk and honey. Spread on wax paper and refrigerate to harden. Cut into bars.

SCRUMPTIOUS PEMMICAN BARS

1 cp Honey	1cp Peanut Butter
1 cp Semi-sweet Chocolate chips	1 cp Walnuts
1/2 cp Sesame seeds or Sunflower seeds	1/2 cp Dried Apricots
1/2 cp Shredded Coconut	1/2 cp Raisins

Heat honey in large saucepan over low heat. When honey is melted, stir in peanut butter and blend. Add walnuts, sesame seed, apricots and raisins. Mix well. Stir in chocolate chips. Pour onto non-stick cookie sheet and cool in refrigerator overnight. Cut into bars.

CHOCOLATE CHOW MEIN CLUSTERS

1cp Chocolate chips	1cp Shredded Coconut
1cp Chow mein noodles	

Melt chocolate chips in heavy sauce pan over low heat. Stir occasionally. When melted, remove from heat and stir in noodles and coconut until well coated. Drop heaping teaspoonfuls of mixture onto waxed paper spread on a cookie sheet. Cool in refrigerator until hardened.

APPLE SESAME DREAM LEATHER

1cp Pureed Apple	1/2cp Honey
1tsp Vanilla	1cp Ground Almonds
2cps Sesame seeds	

Mix all ingredients together and spread mixture in a 1/8 inch layer on plastic wrap on a cookie sheet. Dry in an oven set at 60° to 65°C. Use the lower baking element only and keep the fruit leather tray at least eight inches from the heating element. Leave the oven door slightly open. Or use a food dryer. Drying time depends on the thickness of the leather and can take from two to six hours.

Elliot Katz is the co-author of "The snack bar gourmet: Versatile treats for people on the go" the book is available for \$6.95 from Great Northern Kooks, Box 507, Station "Z", Toronto, Ontario, M5N 2Z6

Canada Day

Eleven of us Ramblers by bike we came,
sorry - but I don't remember their names.
There were women, one with her daughter, a
man and three couples,
and we had a good time all afternoon and had
no troubles.
Lots of other people walked around,
some had on leashes their hounds.
People were all over, some sat down for
picnic's
others played frisbi and ball,
there were people big and small,
I saw dogs running and some were dropping,
young man came jogging, and some people let
cans popping.
Young people had lots of fun,
necking-laughing and some run.
Sea Gulls were flying, children crying,
boys and girls with roller skates,
some were single , some with maids.
Mothers came with strollers,
and young boys with skates on roller

Most had fun,were singing and laughing,
the sun was hiding,but the heck,
its canada day only once a year,
so you have to be out there with your peer.
I nearly forgot us Ramblers, oh grieve,
as we tried hard to keep up with steve.
This guy is so fast,but he'll let us rest,
we were all trying to bike our best.
All of us made it to the park really quick,
just as if this werea really great hit.
Then Steve let us have a very good rest ,
because we bikers had had this request.
We then drove back to glenmore lake in a
dippy,
and some of our butts hurt already,thats a pitty.
We had a good feast, and lots of people
brought fine food,
most of us had a good appetite but what's the
hood.
Then we said good-bye to our peers and the
rest,
thanks a lot Steve you did your best.

By M.R.

Hikers Love

We enjoy so much to be out there,
in all the good fresh mountain air.
Put on hiking boots and go,
and see the streams and rivers flow.
We look to the mountain towers,
and smell the beautiful wildflowers.
Oh' God's the world is so pretty and gay,
let's all keep it that way.
We had a good hike but we must go home,
for now the sun is getting low.
Good by then my love, I hate to leave,
but all must work and you will have peace.
The creatures, mountains, valleys and
streams,
remaining their way until we return,
and all see their splendor in seven days.

By M.R.



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Editor's Note

Well another Rambler year is coming to a close and we face another "AGM".

As I sit here at the computer, I look back to last year when it looked like we would not have an editor, since Barb was resigning and no one seemed to want the position, I knew almost nothing about computers or editing but I decided to give it a try.

Well it's been almost a year and I'm not so sure I know a whole lot more, but I am still trying and I am willing to go on trying for at least another year, but if anyone would like to try it, I will not object. I am sure that there are among the membership, a few people who could do a better job of it in less time and at a lower cost than I can, I can think of a couple of people who approached me during the year. But I passed them off with a shrug and wondered where they in October were when we were looking for a "Packrat Editor". Now! Is the time to do your talking, not in a couple of months when someone is trying their best to do a good job of something they know very little about.

Well in Barb's last edition she mentioned me as saying, "If you want a 'Packrat' that is fat and juicy, you will have to feed it.", well this "Packrat has not been fed very well, I realize I have not been around very much this summer to always remind you that we needed articles for the next issue of the Packrat but I shouldn't have to. **IT IS YOUR NEWSLETTER** not mine, I only edit what you give me as best I can.

Jim Dempsey

Gourmet Treats For Camp Trips

Carting along the grub is inescapable when you're planning a summer vacation backpacking in the mountains, canoeing or camping.

Since fast food establishments aren't readily available in remote areas, hikers and campers are on their own without burgers, shakes and fries.

"One mistake novice backpackers make is to bring along too much food" says Ray Matys of Toronto, a seasoned backpacker at age 22. With backpacking, you want to keep weight down and space to a minimum.

When he's home, Matys works for Mountain Equipment Co-op, a company with stores in Toronto, Calgary and Vancouver that specializes in outdoor equipment and supplies.

Matys says it's simple to plan meals for a two or three day outing, but when the trip is for one or two weeks, "careful planning for each meal is an absolute necessity.

For a long trip, he writes down menus for each meal and stocks accordingly.

"I really like the dehydrated single meals like the pasta, stroganoff, pilaffs and lentil-based which are packaged with their own sauces" he says.

He admits that most dehydrated meals are expensive - between \$5 and \$7 each - but portions for two people can be supplemented with dried soups.

In the past five years, camp food has really improved. He says, adding that Canadian manufacturers are producing almost gourmet style-meals.

Matys always tucks a container of different herbs and spices into his backpack and for breakfast mixes powdered milk, dried eggs and fruit in a plastic bottle. On the trail, he adds water for a nutritious shake.

Hikers burn up a load of calories, so Matys suggests carrying along dried fruits such as apricots, dates, prunes and raisins as well as chocolate bars and granola in plastic containers for quick, healthy snacks.

He spurns carrying bread because it takes up too much space and opts instead for bagels to go with breakfast.

Manufacturers sell dehydrated food such as mushroom, ham or cheese omelettes, eggs, flapjacks and coffee cake - all of which can be mixed with water and cooked over an open fire or grill.

Desserts such as chocolate almond fudge cake or dehydrated blueberries and peaches can be prepared by adding water.

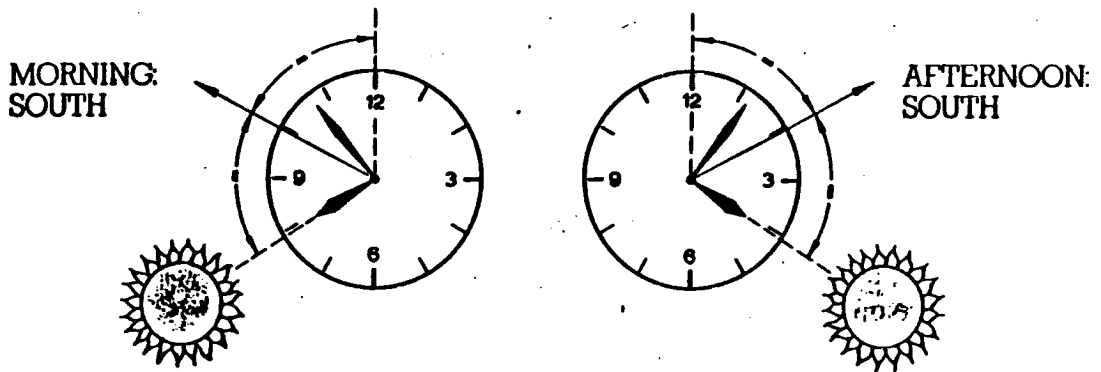
Matys says when hiking in remote areas, it is essential to take a water purifier to remove bacteria from natural untreated sources such as rivers, streams, lakes, ponds, springs, reservoirs and wells. There are several purifiers on the market covering a wide range of prices.

Taken from "Calgary Sun, July 19/89

WATER PURIFICATION

Keep water on for cooking and drinking in a covered pot, protect it against dust, insects and animals. Never take a chance by drinking water not known to be tested and safe. The cleanest spring imaginable can be polluted. Your safest water source is a canteen brought from your home water tap. When purity of water isn't known, boil it for five minutes. Since this drives the air out and gives the water a flat taste, aerate it by pouring rapidly from one clean container to another several times. Halazone tablets are available from most drug stores and are a good water purification method. Two Halazone tablets to one quart of water is all that is necessary and you let it stand for thirty minutes before use. Adding four drops of 2% tincture of Iodine to one quart of water and letting it stand for thirty minutes is another method.

Adding one teaspoon of Chlorine bleach to one pint of water to make a stock solution, To carry with you, then if you need more water on the trail, add one teaspoon of stock solution to one gallon of water and let it stand for thirty minutes, (If one is careful it is possible to count the number of drops in one teaspoon and calculate the number of drops necessary for a quart or litre of water.) Is another method and this way you only have the taste of chlorine instead of Iodine. It is better to be safe than sorry!!!!



Point the little hand at the sun and find south

An ordinary, accurate watch — the type with two hands — works well as a compass. Just hold the watch level and point the hour hand at the sun. (If you're on daylight saving time, move the time back one hour.) The midpoint between the hour hand and the 12 on the dial is south. Read the direction clockwise from the hour hand before noon, and counterclockwise after noon.

The compass effect also works under a full moon, when the sun is directly opposite the moon. Again, point the small hand of the watch at the moon. Halfway between the small hand and number 12 is south. Before midnight, read the direction clockwise and after midnight, read it counterclockwise.

— Gus Richar

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